

# COPING MECHANISM TOOLKIT

iu	understand body sovereignty
ia	internalize primary selfcare
ib	develop self defense threshold
iiu	recognize early warning signs
iiiu	verify phenomenology
iiia	interoceptive
iiib	exteroceptive
iiiuu	priority response spectrum
iiiaa	total exposure
iiibb	total disengagement

## AUTONOMOUS SELF CARE

1. Core self
2. ground/earth
3. breath deep
4. symmetry/asymmetry
5. disengage dialectic

"When knowledge is deprived  
of action, reflection  
automatically suffers."

— Paulo Friere